

# ARTHRITIS *Action*



A PUBLICATION OF THE ARTHRITIS FOUNDATION

Long Island Chapter - July 2009

Appreciation is expressed to The Roslyn Savings Foundation for their support of quality of life programs and the Arthritis Action program calendar.

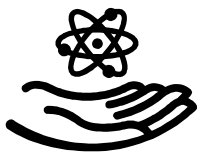
## Research is Key to Finding the Cause

The cause of autoimmune disease, such as rheumatoid arthritis (RA), is still unknown. What is known is that a person's genetic make up sets the stage for developing RA or any of the other types of rheumatic autoimmune diseases such as psoriatic arthritis or lupus. An important component to finding the cause is to identify these genes that put a person at risk for developing RA.

The search for these "risk genes" is being conducted by the North American Rheumatoid Arthritis Consortium which is based at the Feinstein Institute for Medical Research on Long Island. Several genes associated with the development of RA already have been identified. The goal of this nationwide team of scientists is to find and understand the genetic triggers that lead to RA and then identify treatments.



The Arthritis Foundation supports research to prevent, control, and cure arthritis by providing research grants and through our advocacy program. The research grants help fund new investigators and innovative strategies. The advocacy program encourages Congress to fully fund the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS). It is NIAMS that funds the Consortium's work into the genetics of rheumatoid arthritis. Your support of the Arthritis Foundation helps further this key work.



## Join the Arthritis Foundation's Commitment to a Cure



You are invited to attend the Long Island Chapter's *Commitment to a Cure* breakfast on Thursday, September 24, 2009 at 8am at Oheka Castle in Huntington.

Join with others for this unique gathering which details the significant work of the Arthritis Foundation in our communities.

The breakfast features:

- ◆ A personal presentation on living with arthritis.
- ◆ Video dramatizing the effects of arthritis in peoples' lives.
- ◆ Report to the community on the impact of arthritis and how the Long Island Chapter helps those affected.

The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases. Our mission will be brought to life during the program.



Attendance at the breakfast is free of charge. A donation will be solicited but is not required for participation. For information call the Long Island Chapter at (631) 427-8272.

Appreciation is expressed to Oheka Castle for hosting the *Commitment to a Cure* breakfast.

## Support Groups Meet on a Regular Basis

Attending a support group may be just the thing for you. Arthritis Foundation support groups provide a positive and friendly environment for learning and sharing. Meetings include group discussions, guest speakers and sometimes even a party to celebrate a special occasion. Groups meet once a month on an ongoing basis.

Free of charge. Join us at one of these locations.



### **ARTHRITIS SUPPORT GROUPS**

- ◆ **L.I. Arthritis in Melville @ Arthritis Foundation office**, 501 Walt Whitman Rd., meets on the 1st Tuesday of the month. Next meetings: August 4 & September 1 @ 7pm.
- ◆ **Arthritis, Especially for Seniors @ W. Islip Senior Center**, meets on the 1st Thursday of the month. Next meetings: August 6 & September 3 @ 12:30pm.
- ◆ **Arthritis @ Island Trees Library, Levittown**, meets on the 1st Thursday of the month. Next meetings: August 6 & September 3 @ 1pm.

### **FIBROMYALGIA SUPPORT GROUP**

- ◆ **Levittown @ Island Trees Library**, meets on the 2nd Thursday of every month. Next meetings: July 9, August 13, & September 10 @ 1pm.



The Arthritis Foundation Exercise Program is held at the following locations on an ongoing basis. The facilities charge a fee for these programs. Call the site directly for information.

#### **West Hempstead**

With Marilyn Bunger  
W. Hempstead Library  
500 Hempstead Ave.  
Call (516) 481-6591

#### **Long Beach**

With Lisa Wisel  
Friedberg Y-JCC  
310 Nat'l. Blvd.  
Call (516) 431-2929

#### **Merrick**

With Debby Braunstein @  
American Legion,  
160 Merrick Rd.  
Call (516) 301-7740

## Community Resources

### *Keep busy in the summer*

Recreational outings are not only fun but are good for you. Activity helps reduce stress and provide relief from chronic pain. Stay local to reduce costs and make your day out relaxing.

#### New York State Parks

Between Montauk Point and Valley Stream there are 27 state parks. These public spaces provide everything from camping to beaching to hiking and fishing. Or, just settle down with a lawn chair, a cooler, and a good book. Go to [www.nysparks.state.ny.us](http://www.nysparks.state.ny.us) or call (631) 669-1000 for information.

NYS Access Pass: New York State residents with a permanent disability may apply for an Access Pass that allows free admission to State Parks. Go to [www.nysparks.state.ny.us](http://www.nysparks.state.ny.us) or call (518) 474-2324 for information.



#### Your Local Town

A beautiful summer evening is not to be missed. Many towns sponsor evening entertainment, free of charge. For example, the Town of Oyster Bay conducts "Music Under the Stars" concerts throughout the season. For schedules, either use the web site or call your local town office.



## Thank You to The Slomo & Cindy Silvian Foundation



Thanks are expressed to the Board of Directors of The Slomo and Cindy Silvian Foundation for their generous donation to the Long Island Chapter of the Arthritis Foundation in support of quality of life programs. Pictured here is (left to right) Patrick T. McAsey, President of the Arthritis Foundation and representing the Silvian Foundation are The Hon. Jack Mackston, David Grossman, CPA, and Daniel S. Komansky, Esq.

*The Arthritis Foundation depends on your support. Call Patrick McAsey at (631) 427-8272 to discuss how you can help meet the needs of the over 400,000 people on Long Island who have arthritis.*

## Programs Taking Place

### Arthritis Self Help Course

Discuss and learn about arthritis during this workshop that focuses on pain and stress management, exercise, and adapting to arthritis. The Arthritis Self Help Course



meets for three sessions. Here are the details:

Dates: Wednesdays, Aug. 5, 12, & 19

Time: 10am to 12 noon

Place: Somerset Gardens, Plainview

### Arthritis Foundation Exercise Program

Exercise for fun and fitness with the Arthritis Foundation Exercise Program. Exercises are performed seated or standing. You move at a level comfortable for you. The Exercise Program meets for eight sessions. Here are the details:



Dates: Fridays, Aug. 7 through Sept. 25

Time: 12:45 to 1:45pm

Place: Atria Senior Living in Centereach

Both programs are free of charge. Call the Arthritis Foundation at (631) 427-8272 to register.

## Exercise in a Warm Water Pool - Feel Better, Move Better

Arthritis Foundation Aquatics exercise programs are held at the following locations. The facilities charge a fee for these programs. Call the site directly for information.

### **Atlantic Beach**

Metro Phys. Ther.  
99 The Plaza  
(516) 220-5891

### **Bay Shore**

Great South Bay YMCA  
200 W. Main St.  
(631) 665-4255

### **Commack**

Suffolk Y Jewish  
Community Center  
74 Hauppauge Rd.  
(631) 462-9800

### **Copiague**

South Bay Sports &  
Phys. Ther.  
116 Montauk Hwy.  
(631) 842-4606

### **East Meadow**

STARS Phys. Ther.  
801 Merrick Ave.  
(516) 393-8900

### **Garden City/ Westbury**

Metro. Phys. Ther.  
800 Eastgate Blvd.  
(516) 745-8050

### **Huntington**

Huntington YMCA  
60 Main St.  
(631) 421-4242

### **Long Beach**

Long Beach Rec. Pool  
Magnolia Blvd.  
(516) 431-3890

### **North Massapequa**

Metro Phys. Ther.  
1061 N. Broadway  
(516) 454-6387

### **Oceanside @ Metro PT**

Friedberg JCC  
15 Neil Ct.  
(516) 220-5891

### **Rocky Point**

Metro Phys. Ther.  
745 Rte. 25-A  
(631) 849-6000

### **Roslyn**

Sid Jacobson YJCC  
300 Forest Dr.  
(516) 484-1545





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## Program Calendar: July 2009



Arthritis Foundation®

Are you crazy for golf? Want to play from dawn to dusk? Then you need to contact the Long Island Chapter at (631)427-8272 or at [info.li@arthritis.org](mailto:info.li@arthritis.org) to learn about the Arthritis Foundation 100 Hole Challenge.

